

~11<sup>TH</sup> April 2005~

Good evening. (*general greetings*)

As I come to you this time, I feel the power of love within the group. I feel the upliftment that is needed and will be brought to each one of you this time. (*thanks expressed*)

I hope that the past weeks with self-development issues has been of use to each one of you.

George: Yes, I'm sure we shall keep returning our thoughts on that.

Yes, that would be of great use to you in the coming months, to remember how much you have learned and to see yourselves, not only as individuals, but as a collective group of energy—which brings me on this time to what I would like to discuss briefly with you. Many words have been spoken on energy, and as you know, I have always told you that it is a difficult topic of conversation for you, in as much as the understanding creates difficulty in using earthly words. But, as we have touched upon mind projection, it brings to us the equation between projection of the mind and the involvement of the energies. You know my dear friends, that energy is ever-moving—it is the whole existence of life. Let me say this to you: energy as you know it can be used in many ways—it has been used to see what has passed in your Earth time and it can be used to see what is to come in what you call your future time. This you know and understand well, therefore I would say to you: what is the equation between energy and mind projection? After all, mind projection can be used here on your Earth, in your everyday world, by anyone who stands on this earthly plane.

George: In which case would we then call that: telepathy?

You may use that word if you will. It is an apt word for the way the mind is projected on this plane of existence. Let me give you an example: have you not seen the connection between man and his animal friends when thought has to be projected for the animal to understand? A simple thing, but it is the beginning of projecting the mind. You are now aware, my dear friends, of the one who comes to you from a great

distance (*the one who comes from another planet through Paul*)

George: Yes, we consider ourselves very fortunate and privileged to receive him from such a distance.

**It is but another stepping-stone in your teaching. That is why we must at this point continue a little more about the knowledge of energy. I would hear you say: to project the mind, must you raise your consciousness, must you be so much more aware of what is happening within the Spirit? And my reply to you is this: That of course, mind projection as you wish to know it, and as our friend from afar has brought to you, that is the mind projection of which I wish to speak this time. How is it possible for the thoughts of another from so far, to travel through space to reach you here upon this planet? I say to you, it is simple when you know *how* it is done!**

George: Yes, it doesn't seem to happen very often, so I suspect the 'knowing how' is rather complicated and difficult to grasp.

**It is being aware of the Spirit self rather than the physical; you must let go of all things physical in order to use the energy, which after all, is Spirit. All energy belongs to Spirit. You agree? (Yes.)**

George: Yes. The energy that is under discussion is we agree belongs to Spirit. I'm not quite sure how that relates to the energy that we see as physical, such as the heat from the sun—perhaps we really need a different word for that? Perhaps you would comment for us?

**Perhaps we could say the heat from the sun is being projected forward to other planets; it is of no difference from mind to mind. It is all the same energy which is being used, although you relate to it in physical terms. Without the *spiritual* energy, your sun could not exist, and neither could your earthly planet or any other galaxies.**

George: That clarifies—so it is all spiritual energy, yet some of it overlaps into the physical domain so far as detection is concerned.

**Yes, that is correct.**

George: Thank you that does clarify.

**Yes. You have to see again the wider picture to understand what is happening. Because you are locked in a planet that is so young in its existence, you do not have the capabilities of understanding that is attached to many other**

planets and many other peoples. But that is not to say it is not available to you, because remember that I have told you that anything you so desire is available if you wish to partake of it. You understand? (*affirmation*) So therefore, although you are young spiritually, *all* is within you, all of existence lies before you, and it is up to each individual to go forward in whichever way they so determine for themselves. But let us return once more to this projection of the mind. How, I hear you say, can this projection come so far? Perhaps I should begin and say, when you return to Spirit, it is but a blink of the eye, is it not? (Yes.) Yes, and in the blink of an eye, so too can thoughts be transferred from one to another. It is the clarity of the thought energy which makes it successful.

Paul: So distance is *irrelevant*...

**...irrelevant—you took the word I was about to use—thank you.**

George: We appreciate the distance so far as the physical world is concerned, but does that distance still *exist* in spiritual terms or...

**No—this is the difficulty in the understanding.**

George: If it all happens in the blink of an eye, yet the distance is there, or is it that the distance is *not* there?

**The distance does *not* exist—the thought is instantaneous.**

George: So the actual distance does not exist...

**As the young gentleman has said, it is irrelevant. But this is the difficulty when you have *physical* ideas of distance. After all, let us assume that you wish to use your machine, your telephone as you call it. Along that energy you can hear someone as you speak, yes? (*affirmations*) If you think along those lines, perhaps it will become a little clearer—if that is possible, then spiritually it must be equally as important when using the Spirit of the mind, and remember the mind is Spirit. But what you are trying to understand is your physical brains and there lies the problem.**

Graham: When you think of great distances of course, our physical brain starts thinking of speeds and velocities. (Yes.) Of course those terms are just not relevant, as you said. Thought is instantaneous—it's in any corner of the Universe—an amazing thought.

**Yes, of course, in the same way as your healing thoughts come to us, they are taken immediately they are given. Therefore, what I**

**wish you to try to understand is that when you have mind projection from other planets and someone giving you information, it is instantaneous in thought. Try not to think of the great distance within your universe, because you can only become confused.**

George: Yes, we can think intellectually, but we can also *feel* (Yes.) and of course the feeling is allied to Spirit.

**Yes, of course. Always you must use your heart, you must *feel*, you must use what is given in a spiritual way, because once you begin to *analyse*, then you will lose your way; always you will lose your way.**

Lilian: So he wouldn't be aware of travel?

**No. It would be an impossibility to *travel* great distances; you must realize that because being as young a planet as you are, you have only so far succeeded in a very short distance in space travel. So it would not make sense, I do not think, to think along those lines.**

George: Yes, I have been thinking about the instantaneous factor in this, because question and answer have no significant time interval between them. (Yes.) It *has* to be seen as instantaneous.

**Yes. I am so pleased that you are as accepting as you are in your understanding, because my dear friends, for many these questions and answers would seem so far-fetched in their understanding.**

George: I am so pleased that you have organized these practical examples for us and I think I would be right in saying that you *have* organised all this? **I would not take such credit, but let me say that Spirit is responsible; I will accept that.**

Paul: It's a little bit similar to the TIME thing in Spirit, because there as well, there's no time in Spirit, (Yes.) and it seems like there's no space really either.

**These are so difficult topics for you to understand, and, as I have said to you so many times, it is difficult to equate Spirit with the physicality of living.**

George: Would it be true to say that, because there is no time in Spirit, it just *has* to be instantaneous?

**Yes. There we get what I have told you so long ago: past, present and future are all as one. If you begin to think on those lines, then those**

**words which seemed so confusing to you at that time, now begin to form and to make sense.**

George: Yes, and we're talking about Spirit in the sense of beyond the near astral planes where there is still some consideration for time?

**Of course. The plane of existence of which you speak, because you are still so close to the physical plane, there has to be some sense of time in order for the Spirit to adjust. But again it is a *sense* of time, it is not time as you know it, but it is a *feeling* and a *sense* of time.**

Graham: Looking to the future as we grow as a planet and become more spiritually aware, will there come a time, when we'll be able to mind project to one another and no longer need our machines and telephones and things, in order to communicate to each other, will that time ever come?

**I believe we have discussed previously that there is a nation upon your planet who already studies mind projection, but of course not for spiritual reasons. Therefore is that not an indication that it is possible?**

George: Our friend who communicates from another planet, he told us that a proportion of their population are able to communicate in this way, but not all, so I imagine it goes with spiritual development?

**Yes it comes with evolvement and each planet, as well as each individual, has its own evolutionary time. And remember that the planet from whence he comes is still a planet of *beings* and not Spirit—please also keep this in mind. They may be different, they may have different ways, they may have different voices and speech, but they are still of existence and not Spirit as you would think of it. Does that make sense to you? (*affirmations*) And there are many, many planets with life upon them.**

Sarah: These visitors we get from other planets, they are physical are they, or are they Spiritual or a bit of both? I was thinking of the beings who make crop circles.

**All of existence is spiritual, but of course they have as you do, form; so they are physical beings. Although they look different from you, they are still of physical make-up. You understand?**

Sarah: Yes, I was just thinking at the moment they're able to travel vast distances to see us, but maybe they're not travelling as we would

understand it, because they're more spiritually advanced, or maybe not physical as well?

**There are some beings who, within your own space-time, can travel—let us not misunderstand that, there are travellers who can space-travel.**

George: This would be through dematerialization. **Yes, but still travel.**

George: So there are really two types of being in the universe: There are physical beings with spiritual counterparts such as ourselves and there are beings who are entirely Spirit. Would that be a fair categorisation, to say that there are two types of beings in the universe?

**If you are speaking of *Spirit*, then they are Spirit, they would have no 'overcoats' of flesh. Yes, as I am speaking now, I am a being from Spirit, but I come not to you by mind projection, although if we were to become more involved in this subject, then perhaps I could explain it to you. But for your own understanding I come to you using a human instrument, whose voice and body I borrow for such a short time.**

George: Yes, we are so happy with that!

**Well, I am so happy to be able to join with you and to help you in your understanding and your knowledge.**

George: You certainly help us.

Lilian: Enormously.

Sarah: You have made a vast difference to all our lives, and not just us, but to the people we pass the message onto, who in turn are passing it onto their friends.

**Yes, that is always the purpose of love and truth, that truth will never fade, will never die whilst you continue to spread the word and you continue to be emissaries of truth. For this my dear friends we are eternally grateful that you have accepted us into your hearts and that you have in turn, developed slowly in your own individual ways, but at the same time you are spreading *truth*.**

Sarah: You said to us when we were ready to accept the words we would and we were ready to accept your teachings at that time.

**Of course I have to say that we would not have made an appearance until such time as you were ready to hear me.**

Paul: I hope it continues for a long, long time. (*affirmations*)

Sarah: Can I just go back to one thing that you said at the beginning? You said that we were a very young planet and we were young Spirits—you have also said that certain people, such as some handicapped people, are older souls. Could you just clarify that please?

**Because you are a planet of learning, that part of Spirit which returns here, we tend to call 'young', because the Spirit or the aspect of Spirit is still learning—that is all. But there are some who come to your world, such as you have mentioned, who are already old souls and that is why they return to this life with many problems, because they are able to cope with them and that is what they have chosen. Many of these old souls have no need to return to learn, but it is their own choice.**

Sarah: Because there are always going to be some humans who are going to be born handicapped and they need a soul—that's why they choose perhaps to come back?

**It is the choice of the Spirit not the choice of the human being; the choice originates from Spirit. The Spirit sees the opportunity, sees the physiological aspects of both parents and takes that opportunity.**

Sarah: So, if there were no old souls wanting to come back, are you trying to say that there would be no handicapped people?

**I am indeed saying that, but in your world that is most unlikely, because you *are* a planet of learning.**

Graham: I was reading a book talking about past lives and it said that we have 500 lifetimes. I have no idea if that is true or not. Is there anything you can say about that?

**I will not be tied to a number, because each individual Spirit has its own destiny, if you like, so I would stay away from numbers, because each one of you is individual, each one of you comes to learn different things, each one of you has existed in all time and is evolving at different rates.**

Graham: Yes, that feels much more comfortable, yes I can align to that.

**Yes, and remember also my dear friend, you know that it is not one Spirit, but a Spirit with many aspects to it which involves a rather larger picture of it.**

George: Would it be true to say that mostly this young planet receives younger souls. But the

older souls, would they come from beyond the domain of young souls?

**We are becoming a little confused I feel by using the terms 'young' and 'old'. Let us return to the different aspects of Spirit. *Soul* is the whole, *Spirit* is the lesser with the many aspects of soul. Do you understand, because I feel that you are becoming a little confused. One aspect of Spirit returns to Earth to learn, because they have chosen that that is what they need to do—to evolve and to join forces with the other aspects of Spirit. Soul is a much different thing. We are speaking of Soul beyond many, many lives. Do you remember when we spoke of this before?**  
George: Yes, we spoke of Spirit not returning to *one* Soul...

**I think perhaps next time I will return to the subject in order to clarify your many feelings and misconceptions about it. (*thanks expressed*) I know that we have discussed it before, but I feel now it may be the appropriate time to return to it. Therefore, next time we meet, we will speak of Soul, Spirit and the aspects and what you term 'young' and 'old' Souls. Therefore if you have no more questions this time, I will take my leave and allow others to come. (*general thanks and farewells*)**